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KITCHEN PLANNING

ITS EQUIPMENT AND OPERATION FOR FOREST SERVICE DWELLINGS

PREPARED BY
DIVISION OF ENGINEERING

M—5123

U. S. GOVERNMENT PRINTING OFFICE

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IMPROVEMENTS
Buildings
(Kitchen Planning)

July 10, 1940.

Circular E-2494.

Regional Forester,

All Regions.

Dear Sir:

During the past decade much worthwhile information has been written upon the correct planning of residential kitchen equipment.

Invariably, the subject has been discussed solely from this point of view with a total disregard for the major consideration; the relation of the kitchen to the plan as a whole.

The enclosed Brochure, entitled Kitchen Planning, Its Equipment and Operation, for Forest Service Dwellings, has been prepared to clarify the apparent confusion connected with this phase of the subject as well as to assemble the facts pertaining to the details of kitchen planning, equipment and operation.

Very truly yours,

T. W. NORCROSS,
Chief, Division of Engineering.

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KITCHEN PLANNING

ITS EQUIPMENT AND OPERATION

For

FOREST SERVICE DWELLINGS

1940

Prepared by
W. Ellis Groben,
Consulting Architect

T. W. Norcross,
Chief, Division of Engineering.

Kitchen Planning
Its Equipment and Operation

The Old-Fashioned Kitchen:

With the advent of the modern kitchen, the former old-fashioned one of several decades ago has been relegated to the limbo for the time being. The radio and colorful advertisements of kitchen equipment have hastened its demise. Despite all that, it still remains a fact that the spacious old-fashioned kitchen, where the Ranger's family and any guests all sat down to eat together, performed a very real function. Along with the satisfying aroma of cooking it possessed an extraordinary atmosphere of informality and genuine hospitality which, even now, is pleasing to encounter after a hard day's work or a long, arduous trip through the forests.

The kitchen of the common people of antiquity is its prototype; the combination living room and kitchen which is still to be found in country districts. Here, in very homelike and livable surroundings, the family is reunited at night in a common room, a rather large one, used for various purposes, including the cooking.*

An atmosphere of genuine hospitality much to be desired in the modern kitchen.

*See Historical Kitchens at the conclusion of this article.

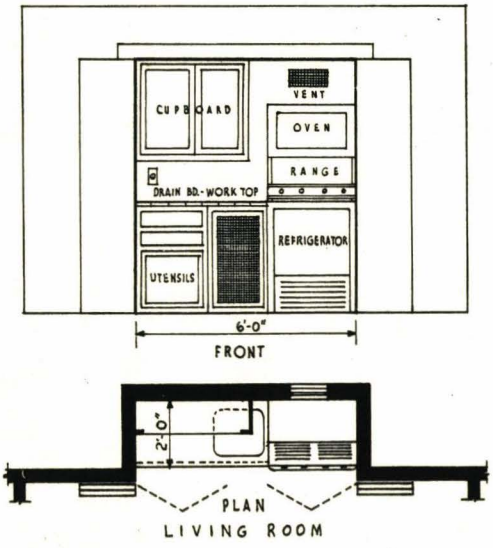
Both instances were predicated upon the same circumstances. The primary one was the lack of heating facilities to warm every room in the dwelling. The common room was the only comfortable one in which to congregate because of the heat generated in the course of cooking.

There are still many occasions where the combination living room and kitchen may render greater service than the less picturesque but more compact modern kitchen. It is the responsibility of the architect to determine where advantage lies in one or the other type of kitchen for Forest Service dwellings.

Should the atmosphere of hospitality and spaciousness be sacrificed because the modern kitchen contains labor-saving, mechanical equipment, systematically arranged for greater convenience and efficiency?

Since when has it become necessary to plan the home solely on a production basis like that of a factory, or to confine the kitchen to the size of one commonly used on a pullman diner?

Despite the trend in this direction, no serious thought is required to arrive at a more intelligent, practical solution for it in the dwelling of a private family.

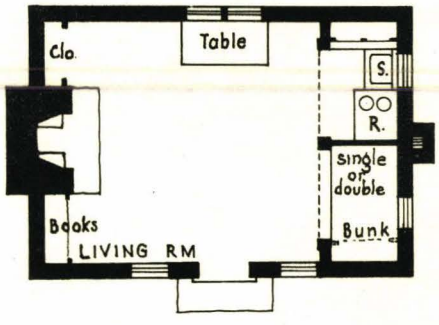


A built-in kitchen unit for a light housekeeping apartment.

The over-zealous efforts exerted to reduce the kitchen to a compact mechanical unit, like that of a restaurant operated for profit, have brought about the abandonment of some of the inherent features of residential planning which go to make a real home.

Reduced kitchens of built-in units, while not adequate or satisfactory for a Forest Service family dwelling do, however, fulfill the needs of a One Room Guard Cabin for one or, sometimes two, guards during the fire season.

Furthermore, whether a dwelling is located in an urban, suburban, rural, farming or an even more remote area, the character of respective communities, the occupations and prevailing mode of living of the residents, are some of the chief factors which determine the character, relative importance, size and exact relation of the kitchen and its appurtenances to the remainder of the home.



A ONE ROOM GUARD CABIN
Region 6

Forest Service dwellings occur in all of these localities, even being often completely isolated in the backwoods country. Hence, no single type of kitchen can be recommended as suitable for all conditions and circumstances.

The kitchen cannot be analyzed and planned as an isolated unit because it is part of an ensemble which comprehends all the dependencies and services associated with "l'art culinaire".

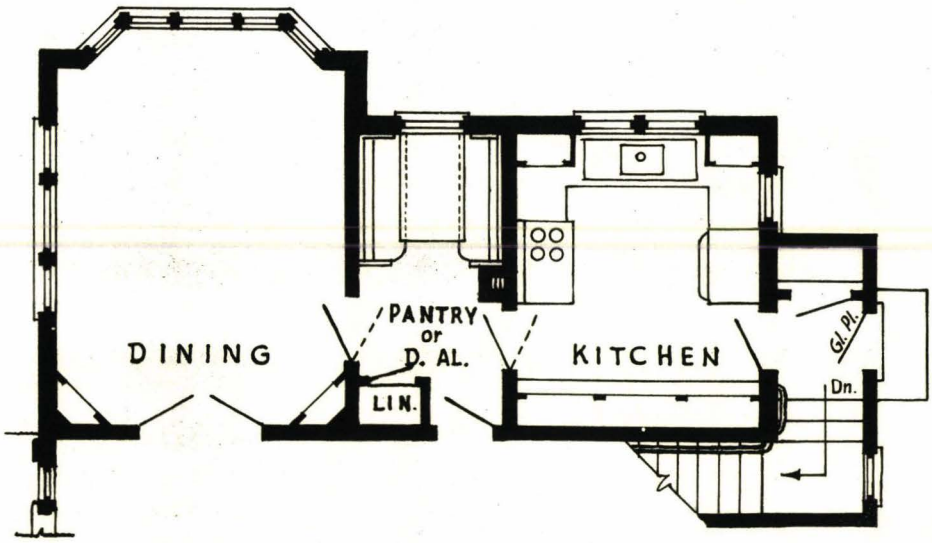
These are the fundamentals which the experienced architect never fails to take into account. Their observance neither precludes labor-saving efficiency nor comfortable working conditions.

The Modern Kitchen:

With a thorough appreciation of these facts one may proceed to a study of the modern kitchen in which modern refers to the installation, arrangement and use of the most efficient kitchen equipment.

From the great wealth of data published during the past decade on the subject of the Modern Domestic Kitchen there has emerged certain well defined and accepted principles of scientific kitchen planning. An intelligent use of this information, together with the installation of standard modern fixtures and equipment, should produce practical, efficient, comfortable and attractive kitchens.

Much attention has been focused upon the modern kitchen by articles in the popular magazines and technical journals written upon its efficient planning and by intensive advertising of its mechanical equipment. However, the subject is seldom approached from the standpoint of its "raison d'etre", or the social and economic aspects which govern its relation to the dwelling as a whole.



THE STANDARD SUITE

The dining room, pantry, or its more recent substitute, the breakfast alcove, and the kitchen are so intimately interrelated that no discussion of the latter is complete without remarking upon the correlated rooms sufficiently to establish its fundamental relation to them. This suite of rooms, with which we are accustomed, still is and always will be correct planning practice for dwellings. Modifications of this group arrangement are merely fads of the moment or compulsory economies of construction.

The residential kitchen, as herein discussed, may or may not be accompanied by an adjacent serving and storage pantry, although the latter is recommended as essential in correct planning for the reasons set forth hereafter.

Social and Economic Influences:

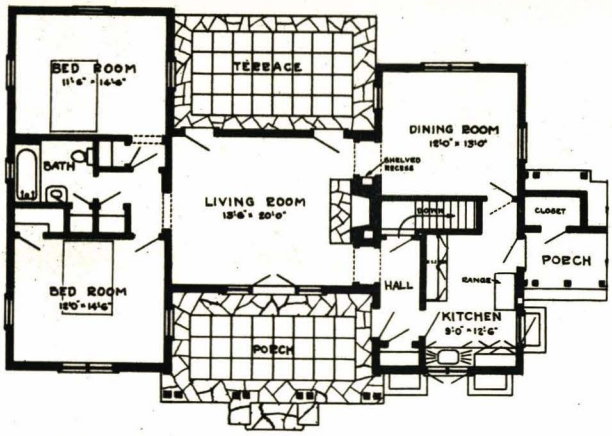
The introduction of the chain store, the commercial canning of food stuffs and the development of modern facilities for the rapid distribution of commodities by means of motor fleets, refrigerator cars, etc., makes it no longer necessary or desirable for those living in cities and towns to purchase supplies in bulk.

Furthermore, altered habits of living, the automobile, increased outside activities, the introduction of labor-saving equipment utilizing electricity and gas rather than ice, wood or coal, have all been responsible for the change in character as well as the reduction in size of both the kitchen and its storage facilities.

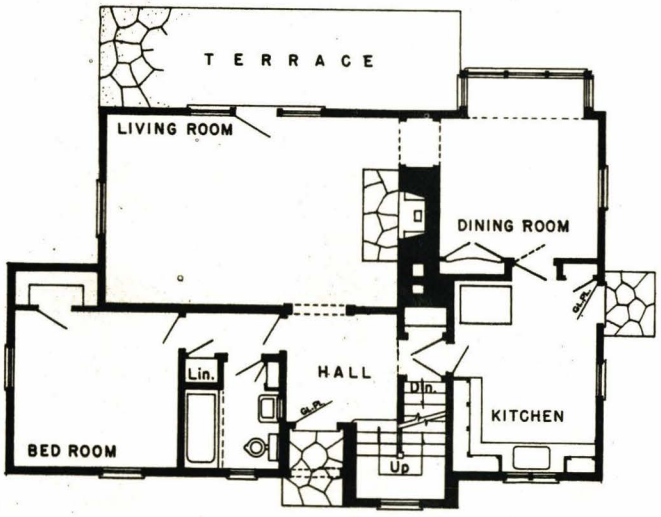
The size of the family, its domestic organization, mode of living, whether the culinary work, etc., is done by the housewife or by domestics, all influence the kitchen and its "modus operandi". Whether it is to be accompanied by a formal dining room and a pantry, or only a dining alcove or nook, either adjoining or within the kitchen itself, is determined very largely by these factors which directly affect its compactness, culinary operation, mechanical equipment and storage facilities.

Furthermore, in Forest Service Ranger dwellings, it is impractical to substitute a dining alcove for the dining room. It is not wise planning to minimize fundamentals to such an extreme. Because a breakfast alcove only may be sufficient for a ranger and his wife does not justify such reduced dining facilities in view of the possibility that the subsequent occupants may be a family having four or five children.

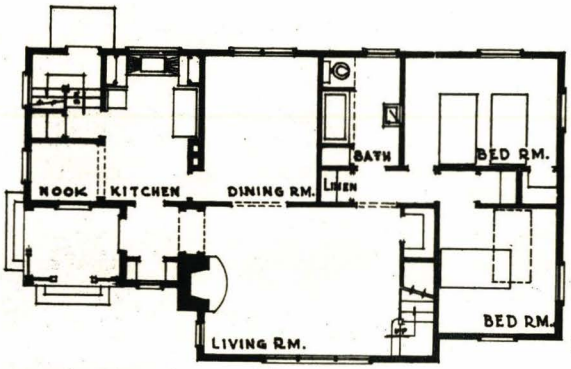
Again, it may be said that the housework of Forest Service dwellings is not done by domestics. While that may be true in general, at times, a day's help is employed for the weekly laundry and, at intervals, for general house cleaning. This, likewise, necessitates either a table in the kitchen or else a dining nook in or adjacent to it, besides the family dining room.



RESIDENCE, S.C.S. NURSERY, SHIPROCK, N.M. - W.O.



JOHN DAY RANGER STATION, R-6



BEULAH RANGER STATION, R-2

GOOD EXAMPLES OF KITCHENS PLACED AT THE FRONT, TOWARD THE HIGHWAY, RATHER THAN THE REAR

Just as a dining room is essential to maintain the resale value of a private home, so it is equally necessary to maintain the re-use value of a Forest Service one.

In recent years the kitchen has been gradually reduced in size, becoming smaller and more compact, as the amount of service it was required to perform decreased, which, translated into social and economic factors in their relation to the average family, represented decreased wages, smaller families, smaller homes, reduced modes of living and less social life.

With the recent advent of more improved economic conditions the larger, less compact kitchen as well as the pantry are returning to their proper importance in the plan.

Plan Relation of the Kitchen:

Where possible, the kitchen portion of the house should be removed from the living quarters, preferably in a separate wing. This ideal arrangement of placing it apart from rooms devoted to comfort and relaxation is, however, difficult to obtain in the smaller residence. The kitchen the sole function of which is utilitarian, should be placed on the service side of the house for convenient delivery service, garbage collection and direct access to the clothes drying yard, the garage, its driveway and the tradesman's entrance.

It should be equally convenient to internal domestic services, such as the laundry, the heater, fuel and storage rooms; all usually located in the basement.

Above all, direct internal access to the front or main entrance should be maintained without the necessity of passing through other rooms. This feature, of paramount importance for domestic comfort and privacy, is the one to which the least consideration is given by all except the experienced and thoughtful planner.

Location of the Kitchen:

It is often more desirable and generally more convenient and economical, in both large and small residences, to place the kitchen toward the highway in order to afford greater opportunity for garden development and outdoor family life and privacy at the rear of the property. For kitchens so located, the water, gas, electric and sewerage lines are much shorter and, consequently, less expensive because more piping, wiring, etc., is concentrated in the kitchen, as the workroom of the house, than at any other portion.

The general custom, especially common to small houses, of placing the kitchen at the so-called "rear" or the side of the house away from the highway, is responsible, to a very great extent, for their lack of domestic comfort and privacy and, more particularly, their failure to provide an adequate opportunity to enjoy the full use of the property itself.

Determination of the Plan:

Whether to allow space for the dining table in the kitchen or to provide a dining nook, adjacent to the latter, or, again, whether to utilize the end of the living room for the evening meal with a separate dining nook for breakfast and lunch in lieu of the usual, more formal dining room, is determined by the personal requirements of the occupants. Some prefer a dining nook for breakfasting in addition to a separate dining room, while others prefer to eat in the kitchen exclusively. The latter, however, still hesitate to relinquish the dining room entirely, because, in spite of its limited daily usage, it is deemed advisable to retain it in a private dwelling in order not to destroy the marketability of the property and, correspondingly, in a Forest Service dwelling to insure its usability for Ranger families of varying numbers.

Families accustomed to formal meals rely upon the aid of one or more servants and the necessary facilities for pantry service between the dining room and the kitchen.

Obviously, in the last instance, considerably more space must be allowed for the accommodation of these combined facilities, including a larger kitchen, than the limited or restricted area devoted to any of the former alternative schemes.

Planning for Efficiency:

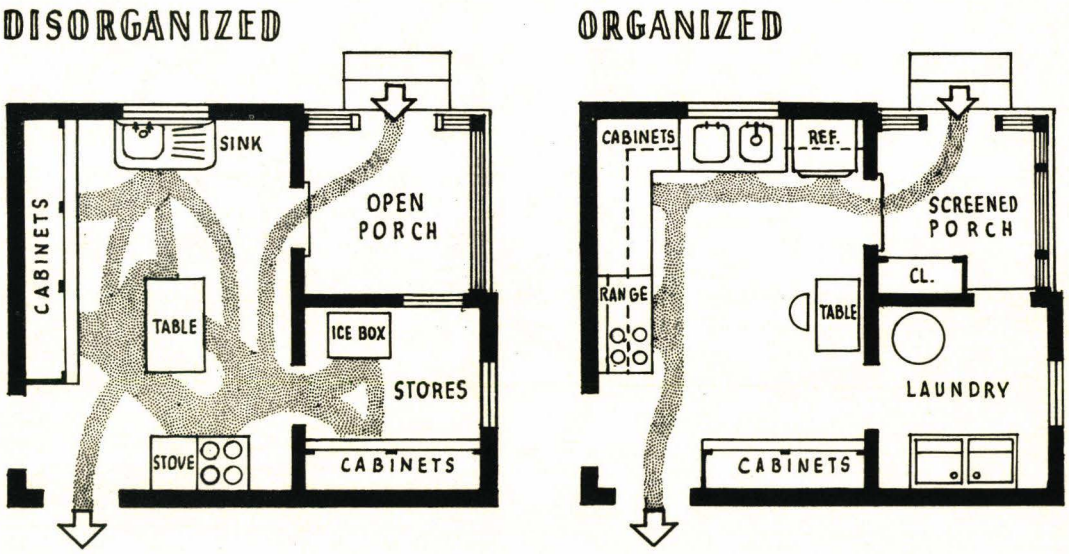
Consideration of the preceding facts, in their relation to the house plan as a whole rather than the kitchen in detail, is of much greater importance in obtaining household efficiency than to depend solely upon labor-saving kitchen equipment to attain that result. A careful study of numerous kitchen layouts from the standpoint of their relation to the general house plan frequently shows an amazing disregard of the more important, fundamental principles involved in correct residential planning while devoting attention exclusively to detailed studies of the kitchen and its equipment.

To function properly, that is, efficiently, conveniently, quickly and comfortably, the kitchen should be planned to accommodate its equipment so that it may operate progressively in conformity with the sequence established by the various culinary operations to be performed.

On the other hand a kitchen should not be too compact. Efficient operation includes sufficient space in which to work with ease and comfort, and does not depend necessarily upon the overemphasized saving of footsteps.

In temperate or torrid climates small kitchens are insufferably hot and uncomfortable while cooking is in progress, unless there is mechanical or exceptionally good natural cross-ventilation.

The saving of time and useless walking back and forth to be affected by logically planning the culinary equipment, etc., in sequence of operation, is well illustrated in the following comparative sketches.



The Organized Kitchen, with its equipment arranged in correct sequence for efficient operation, saves steps and shortens the time of preparing meals. The increased kitchen storage releases the Store Room for laundry purposes.

Doors and Windows:

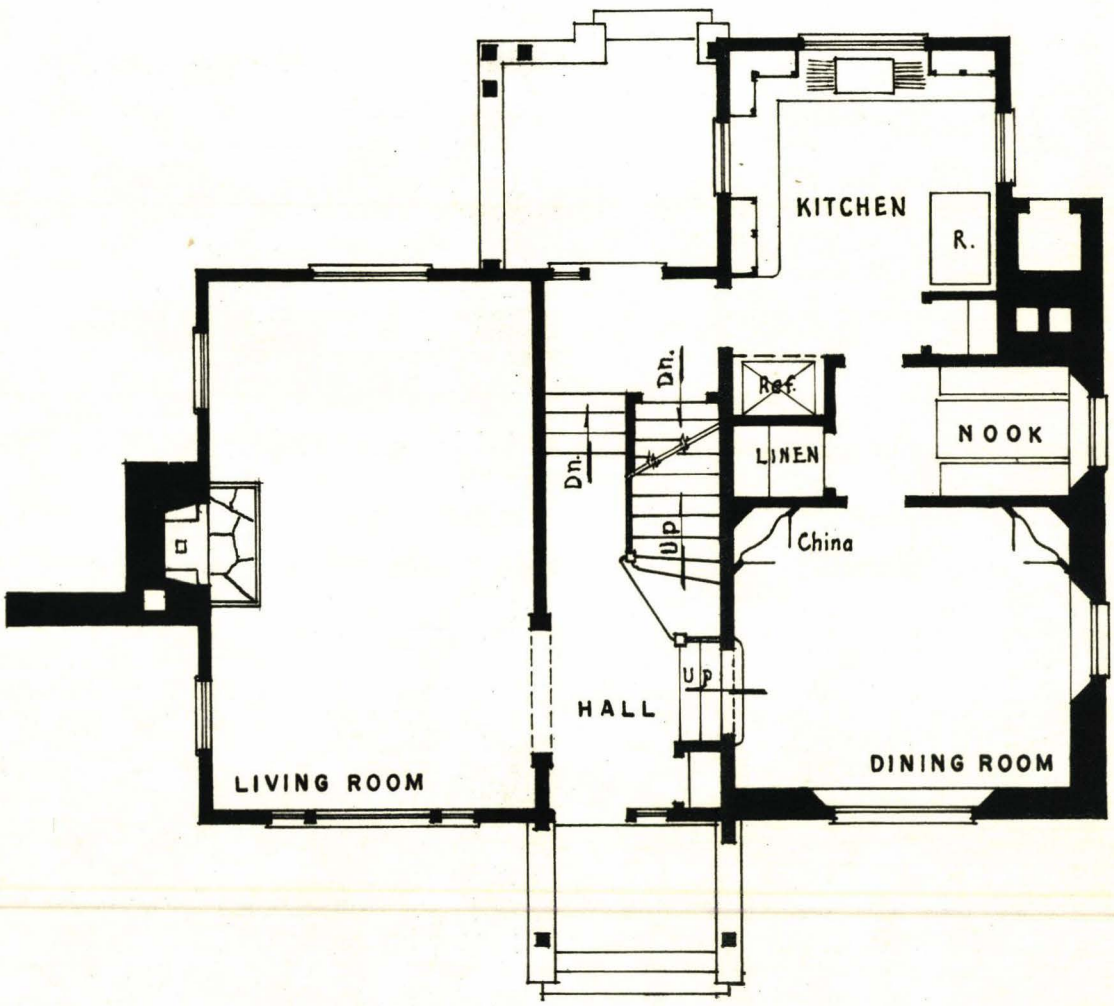
The correct kitchen plan necessarily takes into account the location of doors and windows in relation to the wall space remaining for the accommodation of the fixtures and work spaces in their proper use-sequence.

Doors should be limited in number. Too many make it difficult to obtain sufficient wall space to arrange the equipment properly. In this respect, as previously set forth, the general house plan directly affects the kitchen location and the doors to and from it.

Two doors are ideal, especially when located to avoid traffic across the kitchen work space. By introducing a vestibule at the exterior service entrance for protection against the weather, rather than an outside door to the kitchen proper, the various doors leading to the

basement, etc., may open from it. This feature eliminates a multiplicity of doors in the kitchen itself. Flush panel type doors are the most sanitary as they have no mouldings to collect dust. Both the pantry and the dining room door should be double acting and have a small glass panel at the eye level.

In residential kitchens enough windows should be provided to insure abundant daylight and, if possible, a window/s on two sides to insure good cross ventilation. Also, a window over the sink is very desirable.



A SUPERVISOR'S RESIDENCE - REGION 2

A well-planned suite having excellent kitchen cross-ventilation, ample closets and correct circulation.

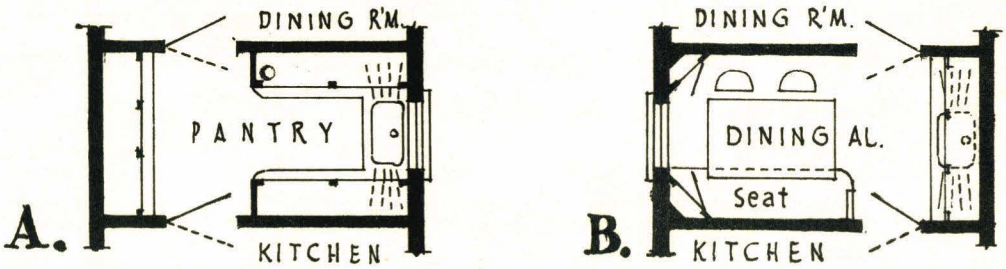
The Pantry:

Where there is a separate dining room, there should be a pantry between it and the kitchen, as shown by Sketch A, with cupboards for the storage of china, glassware, silver, linen, etc., and a sink and counter space for clearing away soiled dishes as well as for buffet service for afternoon and evening entertaining.

Besides, where the kitchen is not mechanically ventilated, the pantry acts as a barrier to prevent the odors of cooking from penetrating the remainder of the house.

When the dining alcove or nook is a separate room, as in Sketch B, then it should be on the line of travel from the kitchen to the dining room, in order not to interfere with the efficient operation of the kitchen.

In substituting a dining alcove for the pantry it should contain at least some cupboard storage and a work counter having a sink as a compromise scheme to partially compensate for the absence of a complete pantry; as shown by Sketch B.



If the dining space, whether a table or an alcove, is in the kitchen, it should be on the side toward the dining room and not where access to it interferes with the culinary work. See the subsequent illustration of the "L" type kitchen.

China, Linen and Silver Storage:

Invariably, the storage of dishes and glasses is dwelt upon at great length in connection with all kitchen layouts. Very seldom does the storage of china and finer glassware, of which almost every household has some, receive proper consideration. This is due either to oversight or the mistaken assumption that the average family has none, as evidenced by the common failure to provide a built-in china closet/s in the dining room. Usually, dishes are stored in the kitchen and china and linen in the dining room and pantry. Except for special pieces which are ordinarily kept in the dining room china closet, the pantry was developed originally to afford cupboard and drawer space for this particular purpose.

The silver, some linens, condiments, etc., of course, find a place in the dining room sideboard; otherwise, in the pantry. In the absence of the latter they must, of necessity, be stored in the kitchen cupboards.

Only in the smaller, scantily equipped house is it feasible to abandon the pantry entirely. When the separate dining alcove, a comparatively recent inovation, was introduced, the space formerly allotted to the pantry was devoted to it. The economic situation, calling for smaller, less expensive homes produced this arrangement which now, with the return of better living conditions, is again reverting to the inclusion of a pantry in all but the very smallest homes.

Kitchen Capacity and Service:

The efficient kitchen must posses, a, - ample capacity; b, - work centers for the three major culinary operations; c, - equipment arranged in proper sequence.

a. Capacity is determined by the amount of work to be performed, based upon the number of persons comprising the family, or an estimate of it, whether they entertain or not, and by whom the work is to be done.

The size of the dwelling must also be taken into account in determining the correct relative kitchen capacity. Also, when the size of the family is not known in advance it must be estimated upon the basis of the number of bedrooms.

b. Work centers remain virtually constant in sequence, based upon the three principal culinary operations, while the work space area depends upon the amount of cooking to be done.

c. Equipment arrangement consists of placing the various units in both the proper sequence of culinary operation and in relation to the plan of the house itself.

The kitchen service involves four distinct operations; 1, - the storage of food, 2, - its cleaning and preparation, 3, - cooking and serving, and, finally, 4, - the clearing away, replacing of excess food, dishwashing and storing of dishes, etc. These operations are basic and remain substantially constant for all kitchens, whether spacious or compact.

Storage and Preparation of Food:

1. Food storage is of two kinds; shelf storage of dry groceries, etc., and refrigerator storage for the preservation of perishable foods. Obviously, the commodity storage should be close to the exterior entrance. It comprises the refrigerator, base cabinets for bulky storage and wall cabinets for lighter, smaller package articles.

Sink and Dishwashing:

2. The cleaning and preparation of food, cleaning the cooking utensils, etc., should be adjacent and include a sink with drainboards and work tops either side, having base cabinets below and wall cabinets above. The space below the sink should be enclosed to correspond in appearance with the adjoining base cabinets.

Range and Serving:

3. The range, with a continuation of the counter top each side for serving, is the next unit. It should have utensil storage below and, above, wall storage for condiments, seasonings, etc., required in the process of cooking.

A particularly important feature consists of placing the range where it receives daylight from the left side; not where it necessitates working in one's shadow or in semi-darkness which involves the expense of continuous artificial lighting.

Clearing Away:

4. After meals there remains the work of clearing up, the storage of excess food, replacing linen, china, etc., and, finally, dishwashing and putting away the dishes, utensils, etc.

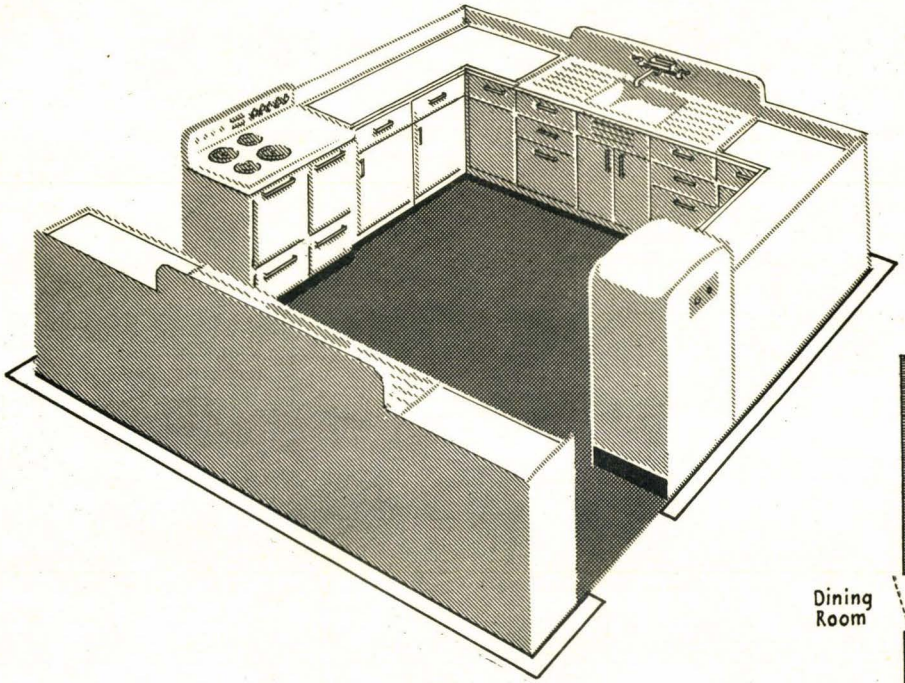
In addition to the equipment for the three culinary work centers, there are a number of other important items which require consideration in the well planned kitchen. The dishwasher, exhaust fan, garbage incinerator, hood over range, sanitary metal top work table, towel dryer, package receiver, are some of them. A kitchen closet, having a door with top and bottom vents, for the vacuum cleaner, broom, mop, buckets, etc., is imperative; yet how many kitchens are lacking in this essential requirement?

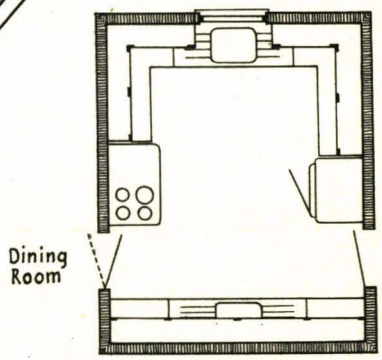
Culinary Work:

For maximum efficiency, it is highly important that culinary work, like any other, be done with ease and comfort. Excessive compactness, produced by placing everything within easy reach solely to meticulously save footsteps, is not conducive, necessarily, to efficiency. This particular subject has been greatly exaggerated in the past with the result that kitchens which, normally, should be of larger proportions were made entirely too small. Consequently, the present trend is toward the larger, more adequate kitchen. The experienced architect plans along the lines of a happy medium; neither extreme compactness with discomfort nor excessive size with wasteful floor space.

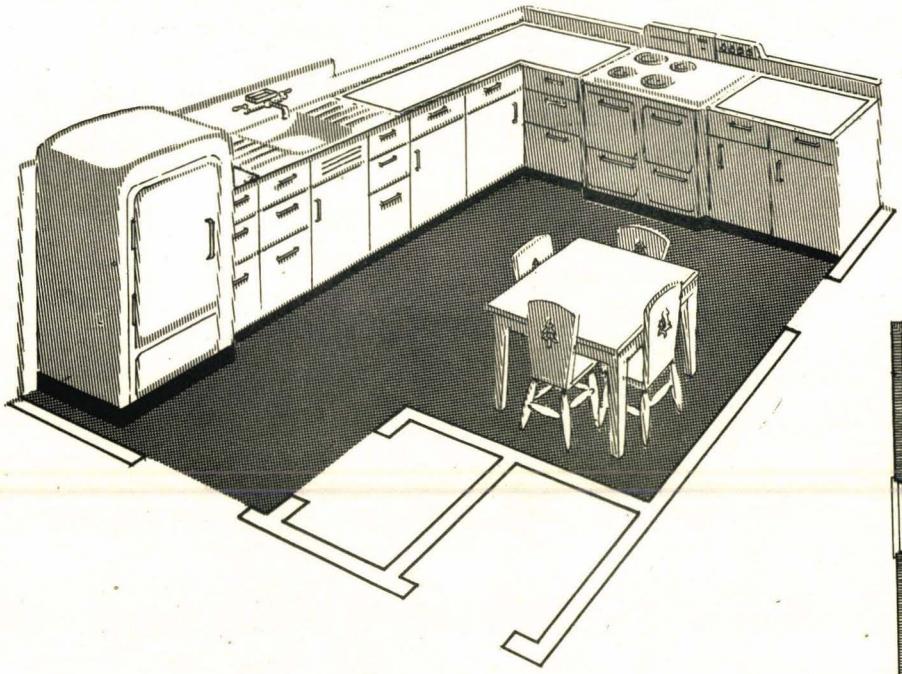
Kitchen Arrangements:

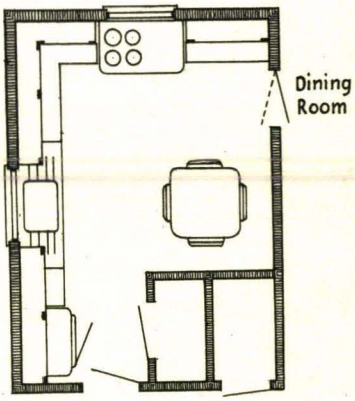
Once having correctly located the kitchen with respect to the remainder of the dwelling, the next step consists of properly arranging the equipment. While successful equipment arrangements vary quite a great deal, certain ones, such as the "U shaped, the "L" shaped, the "Corridor" and the "One Wall" types, are most common. In addition, there are many other good schemes which result from individual planning.



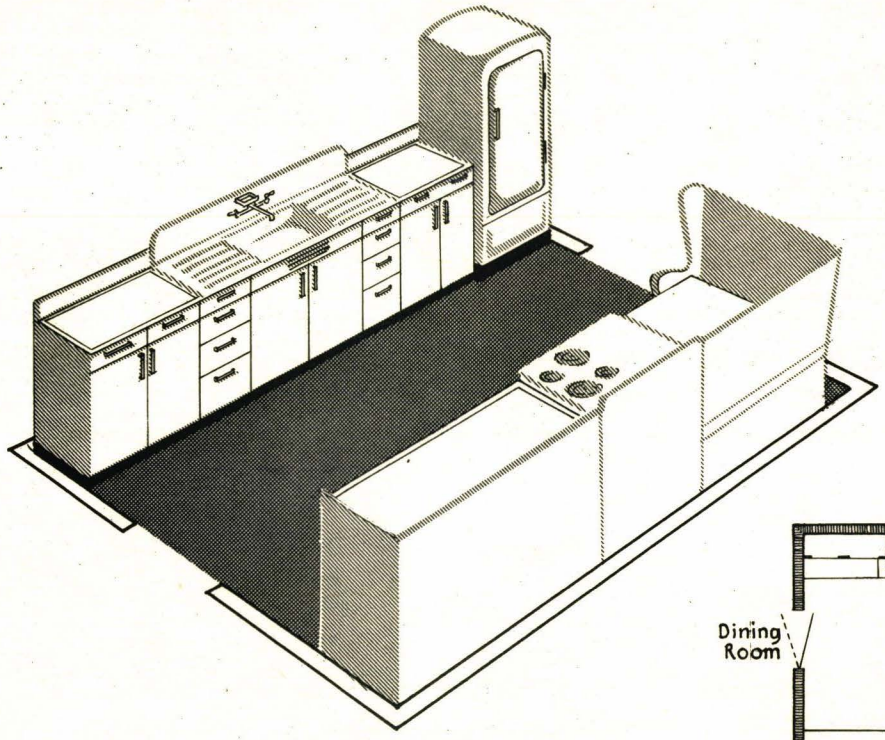


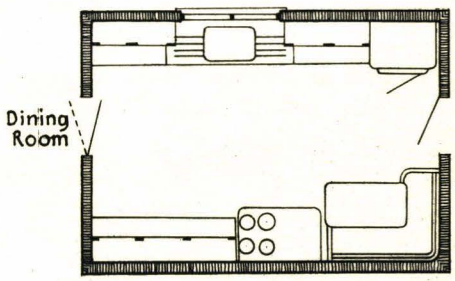
THE "U" KITCHEN



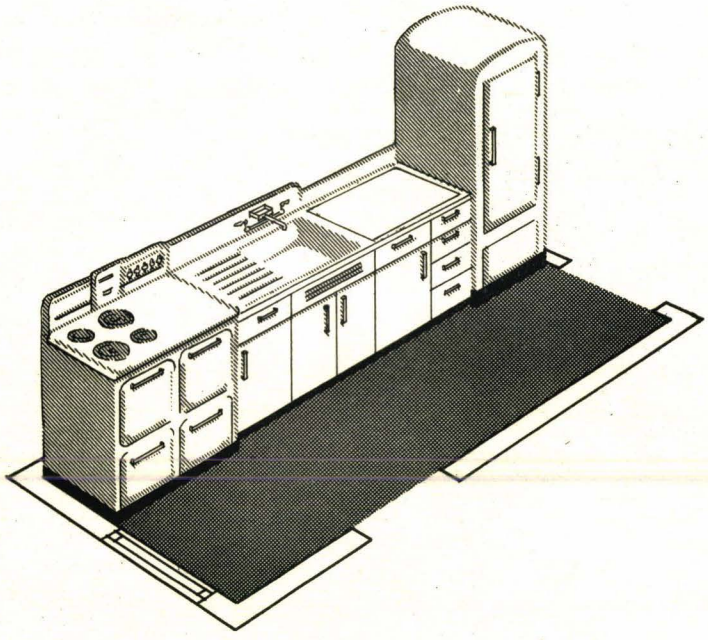


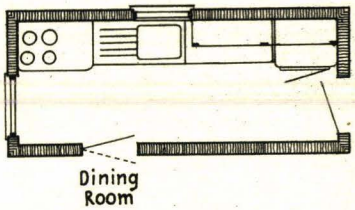
THE "L" KITCHEN





THE CORRIDOR KITCHEN





THE ONE WALL KITCHEN

Kitchen Equipment:

There is an endless variety of standard kitchen equipment on the market from which to select units of the desired sizes and capacities to suit every need. For this reason, there is no occasion to mention other than a few salient facts concerning them.

In accord with the modern trend, consideration of kitchen fixtures has progressed from single units to standardized groups having greater efficiency and convenience. With mass production of integrated equipment the range, sink and refrigerator have been made to conform with each other in design, finish and color, with cupboards, counters, etc., to match, so that the average modern kitchen has reached a state of complete unification at the expense of its former home-like appearance.

Any individuality or cheerful hospitality the kitchen once may have possessed is noticably absent. In its stead is a highly mechanized, compact outfit, designed and arranged entirely upon the basis of so-called efficiency,-"get it over with and get out".

Standardized duplication, as in large scale housing developments, forcibly illustrates both the irresistable change and monotonous similarity which has accompanied the progress made in behalf of the saving of time and labor.

The Range, - modern, insulated, automatic electric or gas range, preferably the former type having a flat top, dish warmer space and, like all other kitchen fixtures, enclosed to the floor for sanitation and easy cleaning.

The Refrigerator, - modern, electric and of suitable capacity. Its door, whether a right or left swing, should be selected to open for direct access from the side toward the preparation counter work space.

The Sink, - the built-in, double drainboard type is the most desirable. If it has only one drainboard, the latter should be on the left, with the counter built flush and up to the opposite end of the sink. A combination sink, equipped with built-in dishwasher, is an added convenience. Enameled iron drainboards are very unsatisfactory because the hard, smooth surface tends to chip china and glassware or else they slide from it into the sink and break.

The garbage incinerator, a piece of standard equipment, may or may not be essential, depending upon the manner of handling it in respective instances.

Provisions should be made for electrical appliances such as a toaster, coffee percolator, mixer, etc., with the necessary electric outlets at convenient counter height.

Artificial Lighting and Ventilation:

General ceiling lighting should be controlled at the door from the dining room to the kitchen although, for greater convenience, it may be arranged for simultaneous control from that point and the rear entrance door. Individual lights should be located over the range, the sink and in the under-side of the cabinet at the storage spaces. A dining alcove, for informal meals, requires a ceiling light, controlled separately.

Cooking necessarily entails odours, grease and heat. A metal hood directly over the range, with an electric light in it, and having a fan for exhaust to the outside air, makes for comfort and economy of maintenance because it collects and expels vaporized grease which would otherwise mix with dust and despoil the walls and ceiling.

An electric exhaust fan, vented to the outside air, is an invaluable aid in maintaining cool, wholesome, comfortable working conditions by exhausting the grease and odors which, otherwise, vitiate the air and penetrate the remainder of the house. To prevent short-circuiting, the fan should not be placed in a window pane or directly above a window if it can be avoided.

The smaller the kitchen the more necessary does ventilation become because cooking is insufferably hot work in warm weather, particularly in the South. Since mechanical ventilation is not installed in the average kitchen, it is good practice always to place a window in each of two walls, if at all possible, to insure good, natural cross-ventilation.

Cupboards:

The average kitchen of today, when provided with cabinets both above and below the continuous work counter, has ample storage space. Adequate pantry storage is imperative for Forest Service dwellings in remote locations, away from sources of supply and where food stuffs are delivered periodically or only infrequently. Flush solid panelled wood doors should enclose the base cabinets while those above the counter may have either this type or glazed doors. The visibility afforded by glazed doors is a great convenience, although the glass entails greater effort in cleaning than smooth, flush panelled wood surfaces.

There should be a toe space, 4" high by 3" deep, along the floor at all counters. Cupboard shelving should be of the adjustable 10" deep type. Open shelving is unsatisfactory from the standpoint of dust and the consequent necessity of frequent cleaning.

Cabinets should not exceed approximately 7'0" to the top of the space above the upper shelf in order that the average person may conveniently reach articles on it. Any space remaining above the cabinets should be furred-off, in line with the front, to avoid the dust and dirt

pocket which exists where this precaution is not taken. Sometimes, however, where there is none too much kitchen storage space it becomes imperative to utilize this upper portion, ordinarily out of reach, for such articles and utensils as are used only occasionally by continuing the cupboards to the ceiling.

Between the counter and the bottom of the cabinet over it the clear working space should be from 15" to 18" in height. Counter tops should be from 1'8" to 2'0" in width which determines the depth of the base cabinets.

Non-corrosive, stainless steel, or Monel metal cabinets and counters are most desirable but, due to their cost, are not installed except where economy is not a vital consideration. Free standing work tables should be metal or linoleum covered.

Kitchen Walls, Ceiling and Floor:

Mat glazed tile walls are impervious and sanitary. A partial wainscot with plastered walls and ceiling above is good, while walls tiled full height with a plaster ceiling are even better. Tile makes a very simple, sanitary treatment for the sill, jambs and head of window openings. Quarter round tile trim for windows and doors, internal and external angles of the walls and cove tile base at the floor make an immaculate and sanitary kitchen.

Painted plaster walls and ceiling are sanitary and economical. Gypsum plaster, due to its extremely hard surface, is extremely moisture resistant. When properly sized and painted with an enamel paint, having a semi-gloss finish to avoid any glare, it is easily kept clean and sanitary by scrubbing with soap and water.

Woodwork, such as trim, cupboards, etc., should be similarly painted with enamel paint.

Should a cheaper, patterned surface be desired then a washable waterproof wall paper, preferably of a very simple design, may be applied over the plaster in lieu of an enamel paint.

For the floor, a durable, moisture and greaseproof, resilliant material like either plain or patterned linoleum will be found very satisfactory.

When cemented in place over a cushion of felt, it is quiet and especially comfortable to walk upon. It should be waxed, mopped regularly and scrubbed with soap and water only occasionally.

Rubber tiles make a similar floor covering.

Counter tops may be finished similarly with a plain linoleum, held in place by stainless, metal edgings.

Color Schemes:

Exposure has a direct bearing upon the choice of a color scheme. A bright, cheerful kitchen, with plenty of glass area, permits the use of darker wall and ceiling colors, as a foil for the lighter colored equipment, than a dark and dismal kitchen. The latter requires a bright color scheme for the walls, ceiling and cabinets to reflect as much light as possible.

In general, a color scheme should be built up from a darker floor to a lighter ceiling. It should be remembered, also, that dark colors absorb light while lighter ones reflect it. Pastel shades are more appropriate than intense, body colors. Pure white is not especially good because it is too glaring, but ivory, cream, light buff, apricot and other pastel shades, are soft colors which serve very well.

Ceilings should be of a slightly lighter tint than the walls, as, for instance, an ivory ceiling with buff walls or a light buff with cream colored walls. Cabinets and trim may be of the same or a darker shade of the wall color. Tints and shades of the same or harmonizing colors produce pleasing effects with much less difficulty than combinations of contrasting colors which involve considerable experience to avoid gaudy or bizarre effects.

Small kitchens permit the use of more daring color effects than large ones. Thin strips of brilliant color, when used sparingly, enhance otherwise plain, simple color schemes.

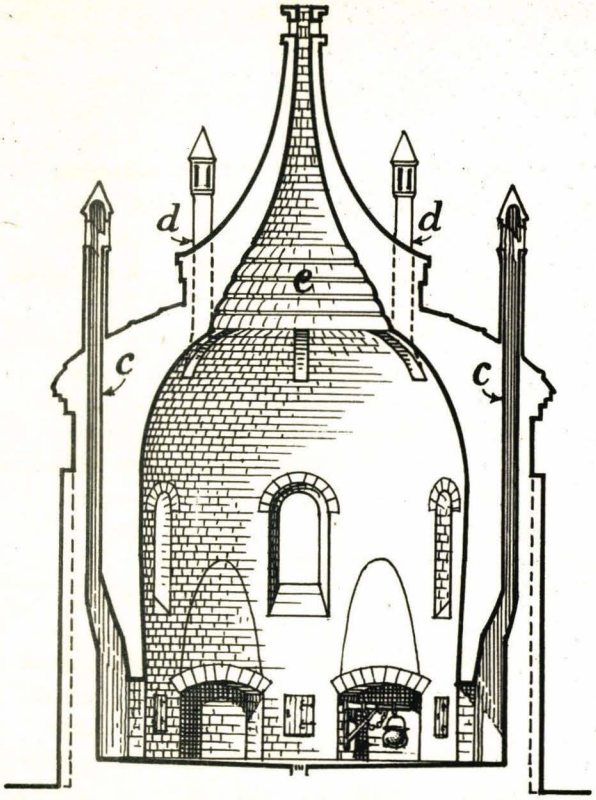
The standard, pure white porcelain finish of stock refrigerators, ranges, sinks, etc., or the steel gray color of metal equipment, must be taken into account in determining respective color schemes.

Tile wainscoting may be had in a variety of light pastel shades, rather than the ordinary pure white, to harmonize with most any predetermined color scheme.

Historical Kitchens:

In the Middle Ages, society was divided into two classes; those who ate enormously and those who ate little or nothing. Today, while conditions are definitely improved, the two classes still exist; those who "have" and those who "have not".

The former statement is confirmed by the fact that the kitchen in those early days, was either enormous or extremely small. In the palaces, the chateaus and castles, or the rich abbeys, the feudal kitchens were either placed in a separate wing or else they occupied an entire building, completely detached from the main one. This was done to prevent the odors of cooking from permeating the remainder of the habitation.



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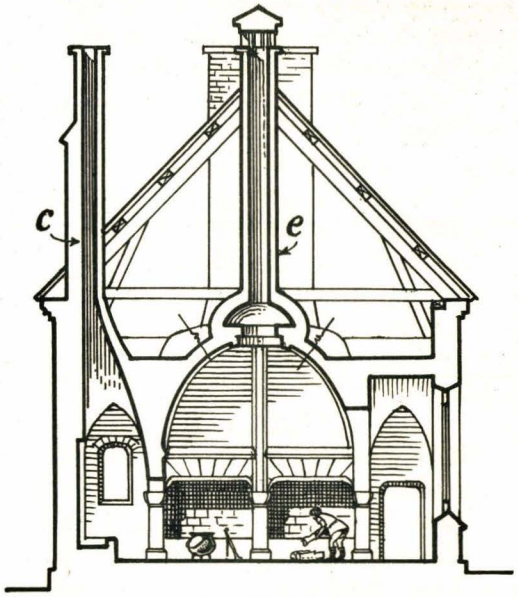

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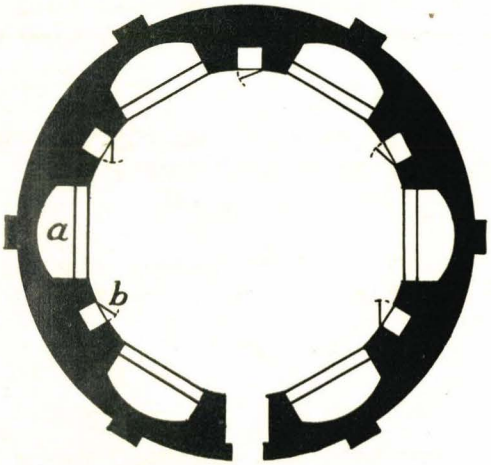
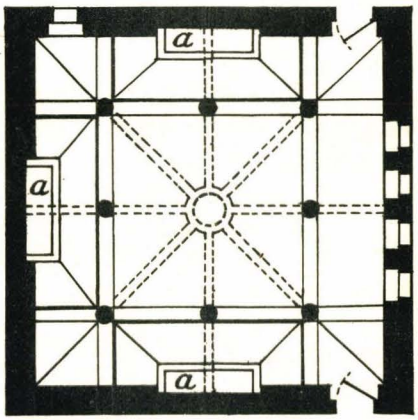


PLAN



PLAN

KITCHEN OF THE
FONTEVRAULT ABBEY, FR.

KITCHEN OF THE
DUKES OF BURGOYNE AT DIJON, FR.

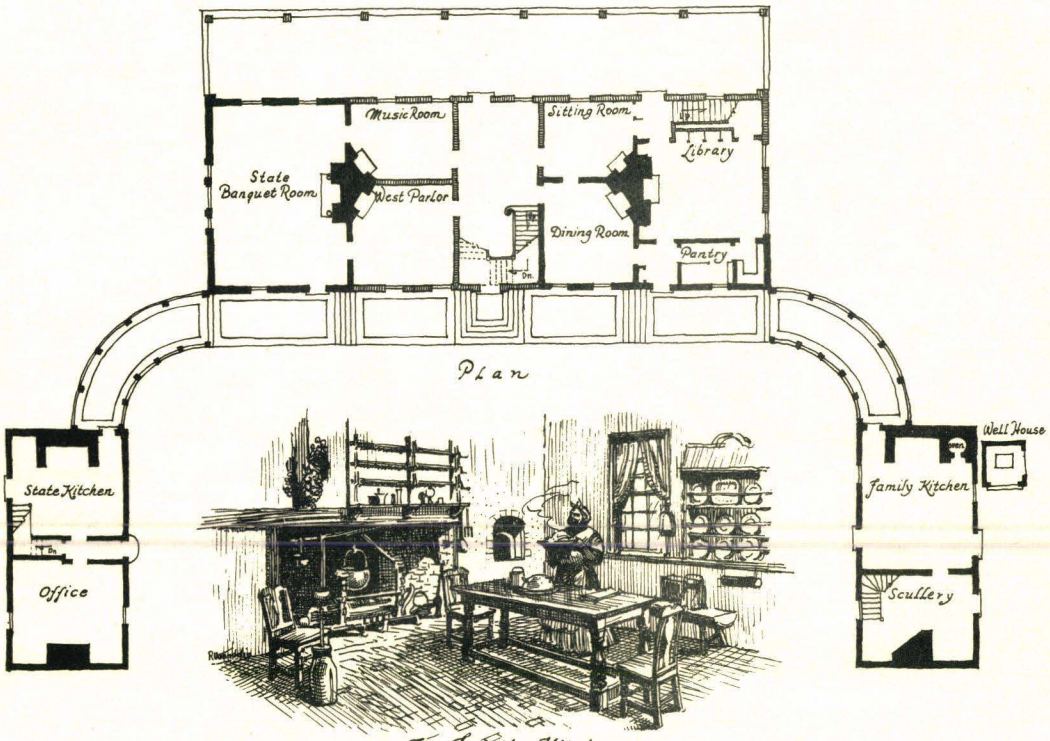
a - Furnaces, *b* - Ovens, *c* - Chimney flue
d - Exhaust flue, *e* - General Ventilation

From Elements and Theory of Architecture by Guadet

In the ordinary dwelling there was only the large fireplace in the common room which, for culinary purposes, was provided with a crane for the cauldron, a tripod for the pot, the grill or spit and, sometimes, a rotissoire, or oven. The family reunited at night before the large "chiminée", or fireplace, because its heat made the room comfortable, and here they not only ate but did many other things, including weaving, mending of farm tools and, on occasion, even sleeping.

Nowhere are better examples of this historical, combination purpose room to be found, in which cooking still retains its importance, than in the Swiss chalets.

In Colonial American history, as in antiquity, the kitchen conformed to its two original classifications. In New England the early settlers used the common room with the large fireplace for cooking, placed on the north side to break the cold winds and thereby materially assist in warming the dwelling. In the Virginias and to the South, because of the warm climate and the desire to segregate the heat and odors of cooking, the kitchen and the scullery, etc., occupied an entirely separate building connected by a covered portico to the dwelling proper in which there was a small warming pantry adjacent to the dining room.



The Family Kitchen
Mt. Vernon, Va.

The kitchens of Mount Vernon are unique historically, reflecting, as they do, the same underlying principles as the European ones of the Middle Ages. In both instances, they were detached for similar reasons; to segregate the heat and odors of cooking.

The State Banquet Room, too remote from the regular kitchen for satisfactory service, was provided with a separate one, the State Kitchen. With the mechanical ventilation and air conditioning which is available today, the indirect, open air service of the sort shown in the plan is no longer feasible nor practical.

In the smaller homes the same practical idea prevailed. It is typified by the so-called "breeze-way" or open, passage-like space, oriented to allow the prevailing breezes to blow through it, and separating the kitchen and pantry, etc., from the main body of the house.

While it is both educational and interesting to reminisce on the kitchens of the past one cannot revert to them in practice, except in special instances, because of changed economic and social conditions. From them, however, much is to be learned of practical value in planning the modern kitchen, chief of which is not to make it so small and compact that it is uncomfortable, uninviting, and inadequate in size to do the culinary work properly. Above all, the kitchen should possess the atmosphere of a home and not that of a display room for the sale of the latest culinary equipment.

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